



## WIC

### ***What is WIC?***

WIC (Women, Infants, and Children) is a federally funded nutrition program for Women, Infants, and Children. The WIC Program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care.

### ***Who can apply for WIC?***

- Pregnant women
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last 6 months
- Infants
- Children up to 5 years of age

### ***Who is eligible for WIC?***

To participate in the WIC Program, you must:

- Be a resident of Moore County or receive health care in Moore County
- Have a medical/nutrition risk factor determined by a nutritionist
- Meet WIC Income Guidelines:
  - Family income of less than 185% of the US Poverty Income Guidelines.
  - Persons receiving Medicaid, Work First Family Assistance, or Food Stamps meet the income guidelines.

***What does WIC provide?***

- WIC foods include infant cereal, adult iron-fortified cereal, vitamin C rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, and canned/foiled tuna or salmon. Soy-based beverages, tofu, fruits and vegetables, baby foods, whole-wheat bread, rice and corn tortillas were recently added to better meet the nutritional needs of WIC participants. WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed or choose not to formula feed their infants, WIC provides iron-fortified infant formula.

- Information about nutrition and health to help you and your family eat well and be healthy.
- Support and information about breastfeeding.
- Electric breast pump loaner program.
- Help in finding health care and other community services.
- Screen immunizations and make referrals when needed.
- During the summer months, special coupons for participants (women and children 3-5 years of age) to take to the local farmers' market to buy fresh fruits and vegetables.

***How do I apply for WIC?***

Call the Moore County WIC Office at 910-947-3271.

***What do I need to bring to my appointment?***

You must provide proof of identification, residence, and household income.

***What are some examples of these kinds of proof?***

Allowable Proofs for Identity and Residence:

Integrity Document	Proof of Identity	(Must be in applicant's name)
Bill or account statement less than 60 days old (e.g., bank, credit card, loan papers, mortgage statement)		
Birth certificate	<input type="checkbox"/>	<input type="checkbox"/>
Blank check	<input type="checkbox"/>	<input type="checkbox"/>
Check cashing, credit, or bank ATM card		<input type="checkbox"/>

Correspondence less than 60 days old (e.g., from WIC, DSS, School (K-12), university)

Food and Nutrition Services certification letter

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Foster child placement letter

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Hospital crib card or discharge papers

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Hospital ID card or bracelet

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☐

Immunization record

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(only for infants & children)

Income tax filing for the most recent calendar year

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Insurance card or insurance policy

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LES (military Leave and Earnings Statement)

☐

Marriage license less than 60 days old

☐

Medicaid or Medicaid Pre-Enrollment Eligibility (Must first verify current eligibility)

☐

Mother's Verification of Facts (MVF) signed and dated copy (only for infants 12 months old)

Paycheck stub or direct deposit notification less than 60 days old

☐

Permanent Residence Card ("Green Card")

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Photo ID (current): DMV, governmental agency, passport, military, school

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Property tax statement

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☐

Social security card

☐

☐

Unemployment letter/notice

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☐

Verification of Certification Card (VOC) (for current certification period)

Voter registration card for NC

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☐

Work ID card

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☐

**Allowable Proof of Income:**

☐ Medicaid card/presumptive eligibility form

☐ Paycheck stub not over 30 days old

☐ Food stamp certification letter

☐ Recent tax return for self employment

**Please bring proof of gross income for everyone in the household whom either wo**

***What happens at the WIC appointment?***

- Your identification, residence, and income information will be reviewed.
- Length/height and weight will be taken.
- A blood test will be done to determine iron deficiency.
- The nutritionist will interview you, asking questions about your health and diet. This information is reviewed to determine if you have a medical/nutritional risk for WIC. The nutritionist will answer any questions you about nutrition.
- If eligible, you will be issued food vouchers to take to the store to get your food.

***How long can I be on WIC?***

- Pregnant women are certified for their pregnancy and up to six weeks postpartum.
- By 6 weeks postpartum they must be recertified as a postpartum woman or breastfeeding woman.
- Non-breastfeeding postpartum women are certified until six months postpartum.
- Breastfeeding postpartum women are certified until their infants are one year old.
- Infants are certified up to one year old.
- Children are certified every six months until five years of age.

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